

HOW DEMANDING ARE YOUR COURSES? The courses and landscape are not demanding but remember you only get out what you put in. Consideration to your well being is Ronnie Sunshines primary concern. Courses take place in all seasons and in woodland so appropriate mind state attitude is essential.

DO I NEED TO HAVE PRIOR EXPERIENCE? No experience is required all you need is a willingness to learn and to have an open mind are all that is required.

WILL I NEED SPECIALIST KIT? All specialist kit will be provided, however it is an opportunity to try your own. It is not good advice to purchase specialist equipment before the courses as you will often change your mind about its use and value.

WHAT WILL I BE EATING ? You will be fed on a normal diet meals cooked on an open fire. Food preparation, will be a shared task amongst the students and staff. Tea coffee will always be available. There will be opportunities to try locally acquired game, plants/fungi.

WILL THE COURSES RUN IN BAD WEATHER? The courses are run despite weather concerns so pack accordingly. Remember that some of the best experiences are learned in difficult conditions making it more rewarding.

IS IT SAFE? Yes it is safe, however all courses involve risk due to the nature of the subject (knife training) it is the conduct of the participants and staff that make the difference. All our bushcraft staff are first aid trained and courses are risk assessed.

WILL I BE HUNTING OR TRAPPING FOR FOOD? No all our courses have got to comply with the wildlife and countryside act, however game will be acquired from local specialist suppliers to give you the opportunity to learn game preparation and cooking.

CAN I BRING ALCOHOL? **No.** Cutting tools do not go with alcohol, no drugs either.

AM I TOO OLD OR UNFIT? There is a minimum age requirement of 18, we don't have a maximum age as long as you are reasonably fit and willing to give things a go then you will be ok. However the courses are demanding to some and not others. You can contact us for advice.

WILL MY CAR BE SAFE? Cars will be parked at our Berkhamsted store location which is locked in the evenings, but as usual cars are always parked at the owner's risk.

TOILETS WASHING FACILITIES? Our base camp in the woods does not have running water or a flushing loo. However our aim is to make you as comfortable as possible so plenty of fresh water is on site and if you feel the need for some comfort we have installed a composting toilet, solar showers can be arranged weather permitting. Basic does not mean unhygienic or uncomfortable.

COURSE MEETING TIMES? The course starts at 16.00hrs on the start date, you will be told where to meet when you have made a booking. Please do not arrive early as we are often involved with camp set up, therefore not ready for you. The course ends 14.00hrs on the last day.

KNIFE CUTTING TOOLS? Please feel free to bring your own cutting tools (no military style knives please) but refrain from using them until they have been approved by an instructor.

Do not buy a cutting tool if you don't own one as they can be borrowed and you may change your mind to its use and function.